

ABSTRACT

Title: Comparison of Physical Skills of Pupils in General and Sports Classes of Elementary School

Goals: The aim of this research is to determine the level of physical fitness skills of pupils, who, attend a sport class and compare these results to the pupils of the same age general class in the same school.

Methods: The measurement was carried out through the test UNIFITTEST (6-60), which consists of the following tests – long jump, sit-up, chin-up and the Cooper Test. The results were evaluated and compared using the statistical characteristics.

Results: With the help of these tests we found out the average level of fitness skills in every category. In long jump boys from the examined sport class managed to get 14, 6 % better results than those from the general class. Regarding girls, those from the sport class did also better, particularly 8, 5 %. The same tendency is to be found in sit-ups. The sport class children showed better performance, boys were 5, 9 % and girls 3, 3 % better than their schoolmates from general classes. The biggest gap in performance was measured in pull-ups. In average 20, 4 % better results for boys from the sport class. But girls from the general class this time beat the ones with a sport-focused programme by 21 %. Last thing we tested was endurance running where the trend was just opposite. Boys without special sport preparation did 5, 5 % better. However, girls from the sport class showed this time better results and exceeded the other ones by 7, 5 %.

Key words: UNIFITTEST, a set of tests, strength abilities, speed abilities, endurance abilities, puberty, long jump, sit- up, Cooper Test, chin- up